REGINA metro®

NEWS WORTH SHARING.

Crimea votes to leave Ukraine

While celebrations were held in the capital, the U.S. and Europe condemned the ballot as illegal PAGE 4

FUTURE LOOKING BRIGHT FOR 2014 FUTURE 40 WINNERS

RAINBOW COFFEE'S CHANDRA MCIVOR IS ONE OF THE PROVINCE'S YOUNG LEADERS MAKING A DIFFERENCE PAGE 3

FLAME GOES OUT ON SOCHI PARALYMPICS

A huge icebreaker ship makes its way during the closing ceremony for the Paralympic Winter Games at Fisht Olympic Stadium in Sochi, Russia, on Sunday. More Paralympics coverage, page 14.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

City leaders seek provincial budget commitments

Announcement on Wednesday.

'Stable' source of capital funding for municipalities needed, Regina councillor says

MARCO VIGLIOTTI
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Municipal leaders in Saskatchewan's largest cities want firmer funding commitments on behalf of the provincial government in its budget to be tabled on Wednesday.

Coun. Pat Lorje in Saskatoon is urging the Saskatchewan Party government to fund a new bridge in the city's north end.

"Saskatoon's top priority right now would be a commitment for funds for the North Perimeter Bridge," Lorje told Metro on Sunday.

"If we are going to be able to adequately function as a hub city … we require a North Perimeter Bridge."

As part of the $211-million North Commuter Parkway Project, Lorje said she would like the province to spend as much as it did for the city's Circle Drive South Project — about $98 million.

In Regina, the demand is less about one major infrastructure project but rather a provincial-municipal funding arrangement.

Coun. Wade Murray says a "stable" source of capital funding for municipalities tops his wish list for the budget.

While acknowledging that the government provides steady funding through its revenue-sharing agreement with municipalities, Murray said that money is almost exclusively dedicated to operational expenses and can't cover costly infrastructure projects.

"We've become very accustomed to using it for operating (costs)," he said.

"If we steal it from operating, that means we'll have to raise the mill rates to compensate for that loss of funding."

In the run-up to Wednesday's budget announcement, Premier Brad Wall has repeatedly tried to downplay investment expectations amid flattening government revenue due partly to slumping potash prices.

At last week's meeting of the Saskatchewan Association of Rural Municipalities, Wall said the budget would be tight but balanced.

WITH FILES FROM MORGAN MODJESKI/METRO IN SASKATOON

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U of R

Cheerleading team pulls photo after complaint

The University of Regina's cheerleading squad is apologizing after a photograph of some of its members dressed to appear as aboriginals in old-West-style movies made the rounds on social media.

The photo drew the ire of activists.

In the photo, cheerleaders wear the campy costumes reportedly to depict a "cowboys and Indians" theme.

After receiving messages of complaint that the picture depicts blatant cultural appropriation, the U of R team yanked it from its social media stream.

"We apologize for the photos," says a message on the team's Twitter account.

"They have been removed from all of our social media."

"Our last intention was to disrespect anyone."

MARCO VIGLIOTTI/METRO

The photo that caused controversy. TWITTER

B.C.

Man killed in avalanche

A man from Lloydminster, Sask., is dead after being injured on Friday night in an avalanche near Blue River, B.C., mid-way between Kamloops, B.C. and Jasper, Alta. THE CANADIAN PRESS/METRO

MLA pushing to steer truck traffic off Dewdney Avenue

Petition. Residents support Trent Wotherspoon's goal of getting province to divert trucks to Pinkie Road

MARCO VIGLIOTTI
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More than 100 west-end residents have signed a petition urging the province to divert heavy truck traffic destined for the Global Transportation Hub (GTH) away from a largely residential section of Dewdney Avenue, says a New Democrat MLA behind the campaign.

"It's not acceptable for these big trucks to be ripping through a residential area, causing all sorts of safety concerns and, as well, causing damage," Trent Wotherspoon, MLA for Regina-Rosemont, told Metro on Sunday.

Wotherspoon and a group of residents canvassed a large swath of the area on Saturday, seeking to press the Saskatchewan Party government to fund upgrades on rural Pinkie Road so it could handle semi-trailer trucks heading to and from the GTH.

Quoted

"It's not acceptable for these big trucks to be ripping through a residential area."

Trent Wotherspoon, MLA for Regina-Rosemont

"We hit everyone's house on Dewdney Avenue," Wotherspoon said of the petitioning.

"There were only two homes that chose not to sign. They were even in support of the initiative."

West-end resident Trevor Morin complains that truck traffic is a serious concern in the area that has numerous schools, daycare centres and seniors' homes.

Construction is underway on the West Regina Bypass, which is planned to eventually connect Highways 1 and 11 and serve as a primary access route for the GTH.

Wotherspoon, however, maintains that action is needed immediately to alleviate the safety concerns.

Alanna Kalyniuk, who lives on Dewdney, said the rumbling truck traffic has been a severe disturbance.

"The noise wakes me up at night," she added.

Trent Wotherspoon, New Democrat MLA for Regina-Rosemont, centre, was joined by residents Alanna Kalyniuk and Trevor Morin in canvassing Regina's west end to shore up support for a petition calling for the Saskatchewan Party government to divert truck traffic away from Dewdney Avenue. MARCO VIGLIOTTI/METRO

Council to consider laneway housing pilot

Regina's city council is considering testing the waters on a budding housing trend sweeping the West Coast.

At its next meeting on March 24, council will weigh a potential pilot project to rezone 20 lots in the south-end neighbourhood of Harbour Landing to permit so-called laneway houses.

"There are a lot of people coming here from major centres where they would have this," Coun. Wade Murray said of laneway homes.

"If they're demanding it, we should explore it."

Laneway homes are secondary, stand-alone suites that share the properties of main residences.

Typically, the suites are in suburban areas and border alleyways.

Laneway houses are seen as a cheaper, more environmentally friendly way to bolster a stock of rental housing.

While the popularity of the suites has surged in notoriously pricey Vancouver, Murray notes that the same dynamics responsible for the housing format's growth out West — namely sky-high lot prices — aren't present in Regina.

"Our land values aren't through the roof," he explained.

"They're still high ... but they're not high enough where it causes us to have this huge demand to turn an alley into a street."

Earlier this year, the mayor's housing commission opted to take the proposed pilot project back to city administrators for more extensive study.

The move was largely prompted by Coun. Bob Hawkins, whose riding includes Harbour Landing. He questioned the need for increased density in that area.

Murray, however, maintains that the pilot project is simply a small, concentrated way to test that option. MARCO VIGLIOTTI/METRO

CBC Saskatchewan future40

Your 2014 CBC Future 40 winners are ...

Metro has partnered with CBC to showcase Saskatchewan's brightest young leaders on multiple platforms. Each day this week, we will be rolling out the winners of CBC's second annual Future 40 project.

JACOB MORGAN
jacob.morgan@metronews.ca
With files from CBC

1 Name: David Straub
Age: 35
Category: Business and entrepreneurship

Dave Straub is a culinary force out of Regina who embodies both the skills of a great chef and the mind of a good businessman. He is a foodie committed to creating a vibrant nightlife for the after-work crowd in downtown Queen City. In 2013, Straub was voted best chef in Regina by Prairie Dog readers and also participated in the Gold Medal Plates competition. With more than 10 years experience, Straub is the owner and operator of Flip Eatery and Drink, Salt Food Boutique and plans on launching a new brewpub in the fall of this year.

2 Name: Jonathan Meyer
Age: 29
Category: Community leadership

For the past two years, Jonathan has served on a mostly volunteer basis as the community economic development officer for the Town of Eston. He also lends his time to the local senior hockey team and plays an integral role in managing their financial operations. With the organization of two Winter Classic outdoor hockey games, Jonathan successfully raised close to $90,000 in total for local recreation. Jonathan sees it as his job to motivate his generation to take ownership of Eston's community life and is constantly finding ways to engage people and challenge them to become leaders.

3 Name: Chandra McIvor
Age: 27
Category: Community leadership

As department head of youth development and education at the Avenue Community Centre, Chandra established Rainbow Coffee, the only citywide alliance and empowerment program for young LGBT people and allies in the province. She is impacting the lives of youth in Saskatoon as well as those in surrounding communities through this initiative. In 2013, Chandra also partnered with the Saskatoon Public School Division to create Saskatchewan's first division-wide professional development program for staff on gender and sexual diversity. Word is spreading fast and Chandra has travelled to cities across the province to ensure all students are accessing their right to a safe education.

4 Name: Kevin Seesequasis
Age: 31
Category: Politics

Kevin has raised the Liberal Party of Canada's profile in the province with positions including communications director for Saskatchewan and president of the now-redistributed Saskatoon-Wanuskewin federal riding. Most recently, he was named national co-chair of the Aboriginal Peoples' Commission at the Liberal Party's biennial convention. In addition, Kevin is running for band council in his home community of Beardy's and Okemasis First Nation. He was chair of the planning committee in 2011 that led Beardy's and Okemasis to become the only aboriginal community to achieve a top-five ranking in the Kraft Hockeyville competition.

5 Name: Brett Bayda
Age: 31
Category: Philanthropy, social activism and volunteerism

Through his entrepreneurial spirit, community service and philanthropy, Brett sets an inspiring example in the Saskatoon community. He is a previous board member of the Saskatoon Council on Aging and a determined care-provider advocate. In keeping with his passion, Brett founded the Swinging with the Stars hospice fundraiser, which is one of the most successful charity events in Saskatoon and has raised more than $125,000 in its first two years. Brett is also an engaged member of the downtown Saskatoon chapter of the Canadian Progress Club and the CEO of Surprisehergifts.com, an online store that makes the process simpler for men to buy gifts for the women in their lives.

City selects firm to design, build stadium

Brent Sjoberg, seen here speaking to media at city hall in 2013, says the stadium's design details won't be made public until at least later this spring.
ROSS ROMANIUK/METRO

PCL Construction Management has been named as the city's preferred company to build Regina's $278-million football stadium.

The company beat two other short-listed bidders, Clark Builders/Turner Construction and Bouygues Construction Graham Community Partners.

PCL has worked on similar projects including Lucas Oil Stadium in Indianapolis and Miller Park in Milwaukee. Other than sports facilities, PCL was also behind Regina's City Square.

"The projects that I highlighted from this team just reflect that they're in good shape to do some great things for our community," Brent Sjoberg, project lead and deputy city manager, said at City Hall on Friday.

Other firms, meanwhile, have been chosen to potentially work with PCL on specific aspects of the project to construct a new home for the Saskatchewan Roughriders.

PCL's status as the "preferred proponent" to design, construct and provide interim financing for the stadium will be reviewed by city council on March 24.

After the review, Sjoberg anticipates an agreement with PCL to be finalized in early May.

"This submission allows us to continue to be on time and on budget ... as it provides a fixed price contract," Sjoberg said.

The stadium, which will replace Mosaic Stadium, is scheduled to open at Evraz Place in 2017.

Sjoberg noted that the stadium design is "much different" than those on initial blueprints.

The city won't release the project's design and financial details until the final agreement has been signed.

"I realize there's lots of interest in seeing the details," Sjoberg said, "but we can really only provide that once the process is complete." SARAH TAGUIAM/METRO

On the web

For more local news go to metronews.ca.

Crimea overwhelmingly votes to join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

Canada denounced the referendum, saying it would lead to further isolation of Russia's Vladimir Putin.

"The so-called referendum held today was conducted with Crimea under illegal military occupation. Its results are a reflection of nothing more than Russian military control," Prime Minister Stephen Harper said in a statement.

"This 'referendum' is illegitimate, it has no legal effect, and we do not recognize its outcome," the prime minister said, adding Canada is working with other countries on the possibility of further sanctions.

"Any solution to this crisis must respect the territorial integrity, sovereignty and independence of Ukraine as well as the constitution of Ukraine. Mr. Putin's reckless and unilateral actions will lead only to Russia's further economic and political isolation from the international community."

THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS

Lost plane. Vanishing could be deliberate

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems about 40 minutes after takeoff.

Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

THE ASSOCIATED PRESS

Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government.

John Forster, chief of CSEC. THE CANADIAN PRESS FILE

The Canadian agency says its findings of asset misuse and ethics breaches are not related to national security information, the privacy of Canadians or the continuing construction of CSEC's elaborate new Ottawa headquarters. THE CANADIAN PRESS

Families reflect on losses

Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary, on Tuesday. JEFF MCINTOSH/THE CANADIAN PRESS

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert."

THE CANADIAN PRESS

Stick a fork in bitcoin, it's done?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at $30 US three years ago and hung on past the 2013 $1,250 US peak to today's price at around $650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However, economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS, teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? OK, moving on.

Both firms promise to bring security, regulation and liquidity to the bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride making it almost useless for spending and leaving it in the realm of speculators.

Cybercurrency graveyard

- **OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies.** 1996-2004 (all were fraudulent)
- **DigiCash.** 1990-1998
- **CyberCash.** 1994-2001
- **Beenz.** 1998-2001
- **Flooz.** 1999-2001
- **Internetcash.com.** 1999-2001
- **QQ coins.** 2000-2002
- **Linden Dollars.** 2008
- **Bitcoins.** 2009 - ????

Saprilege: Cold may mean less nectar of the gods this season

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said. ELISE AMENDOLA/THE ASSOCIATED PRESS

Bank of Canada

Worries of disinflation gaining steam

Does Canada still have a too-low inflation problem?

This Friday's inflation reading for February has some economists predicting the Statistics Canada report will show the annual consumer price index falling below one per cent.

THE CANADIAN PRESS

Riddle me this...

Is a blimp a blimp if it has a semi-rigid skeleton?

The next generation of the Goodyear blimp is getting ready to take flight as the company moves toward replacing its old fleet of airships with a new trio.

The new airship has a semi-rigid internal skeleton, a feature that wasn't present in earlier models and raises questions about whether it is truly a blimp.

THE ASSOCIATED PRESS

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CANADA'S ECONOMIC ACTION PLAN

Canada

TASERS BACK IN COMMISSION

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

The Regina Police Service has announced it's beginning to carry Tasers again. Police in Saskatoon quietly reintroduced the weapons into service in December.

For those who wonder why the use of Tasers was stopped, it goes back to the fall of 2007 at Vancouver International Airport.

Robert Dziekański was a construction worker emigrating from Poland to British Columbia. It was a confusing few hours for him as he unsuccessfully tried to get through immigration processing. Witnesses say he was agitated. As details and video later clarified, Dziekański was jolted with a stun gun five times by RCMP officers. He was pronounced dead at the scene.

This tragedy revived debate concerning the use of Tasers in Canada. Civil-liberties groups had been calling for a moratorium on them until their risks could be minimized. After much delay and debate, the Braidwood Inquiry was established and its final report was released in 2010 in Vancouver. Part of the report contained recommendations for police on strict regulations surrounding Taser use.

This abridged history leads us to what most law-abiding citizens want to hear — that our police have the necessary tools to protect us.

On Thursday, Saskatoon police used a Taser to subdue a woman brandishing a butcher knife. Regina police used a Taser recently on a man who was deemed a danger to himself.

Police in this province heeded the recommendations of the Braidwood report. That's why they took Tasers out of commission in the first place. That's why all officers have since received intensive training with them.

Saskatchewan Police Commission executive director Rick Peach said recently that "our (Taser) policy is as strong as any in the country."

Quoted

Saskatchewan Police Commission executive director Rick Peach said recently that "our (Taser) policy is as strong as any in the country."

Police in Saskatoon and Regina use the Taser X26, which is equipped with a chip that records the time and date of activation, as well as the duration of any use. A supervisor reviews the data collected.

Several years ago, I had a chance to be jolted with such a stun gun during a media event in Toronto. Police had dialed down their Tasers to "reporter setting," which was relatively mild. Even then, I felt like I had been pushed down concrete stairs in a tight metal box.

I was convinced by that experience never to break the law. Hopefully, the bad guys will be too.

CHRISTINA CHERNESKEY IS THE NEWS DIRECTOR AT 620-CKRM IN REGINA

ZOOM

The Great Wall of Patagonia

FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'

FRANK THIEL
Photographer, 47, based in Berlin

What does your powerful photograph tell us?
It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying.

This place looks surreal ...
But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove of human experience and is older than any living creature on our planet.

What was it like to work in such an environment?
Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait

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A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:
Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:
Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:
An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Ebooks

Captain America: The Winter Soldier

By. Ed Brubaker/ Marvel Unlimited

iPad/iPhone/Android

MIND THE APP

Kris Abel
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A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, so your imagination remains in control.

Game of Thrones

Creators say they can predict the (unwritten) future

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation … that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule to go to the smaller markets in South Carolina, the Columbias, you know the (places) that don't get attention. But those are the places where I remember making my first $5,000 shows from, so I still go to those places."

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.… You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die."

THE ASSOCIATED PRESS

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

Tyler, the Creator ALL PHOTOS GETTY IMAGES

Rapper pushes fans to be pushy, law enforcement pushes back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanour charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a $25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

Angelina Jolie

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke$ha?

STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke$ha changes her Twitter name to Kesha. "Waste not, want not," says Kim Karda$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.

Diogo Morgado, who plays Jesus in the movie Son of God, will reportedly next play the devil on the TV show The Messengers. And then, when he's done with all the major roles in Christianity, he has his sight set on young, muscular Buddha.

Justin Bieber and Selena Gomez are back together after Justin reportedly sent Selena $10,000 worth of flowers. However, insiders also say that she was very impressed with how hot and masculine he was when he viciously bullied a court reporter at his recent deposition.

A friend sneaks vodka into Katy Perry's kale juice. That sounds like the best idea since not drinking kale juice.

Johnny Depp and Amber Heard

Looks like it's official for Johnny and Amber

Former Rum Diary co-stars Johnny Depp and Amber Heard are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online.

Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn Manson, and Aerosmith front man Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.

Rob Lowe

Rob Lowe recalls that time he didn't get to sleep with Madonna

According to Rob Lowe, he totally could have scored with Madonna back in 1984 — until he screwed it up by being a stick in the mud. In his new memoir, Love Life, Lowe recounts hanging out with the Material Girl at L.A.'s Palladium and everything seemed to be going smoothly. "Madonna and I were discussing where we would sneak off to at the end of the evening when she suddenly jumped up and said, 'Let's dance!' 'You're crazy,' I said, half meaning it," he writes, explaining that at that point Madonna got defensive: "'No I'm not,' she said. 'I'm just not going to let success f— up my fun.'" And that was the end of it.

Twitter

@kerrywashington
That's a wrap!!!!! Heading home... #scandal

@Real_Liam_Payne
Back to worrrrkkkkkkk!!! Feels like 1st day of school... Ready for the social not for the work aha

@oliviawilde
There's an abandoned pair of men's underwear in our elevator. I shudder at all possible explanations.

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

People often tell me they can't find the money to save. Really? Not even $1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved $6 at the grocery store by being a savvy shopper, take that $6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping $3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another $3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by $10 a month and now you have enough to start a savings plan. Cut it by $30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q I just bought my first home. What can I claim?

A I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about $750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

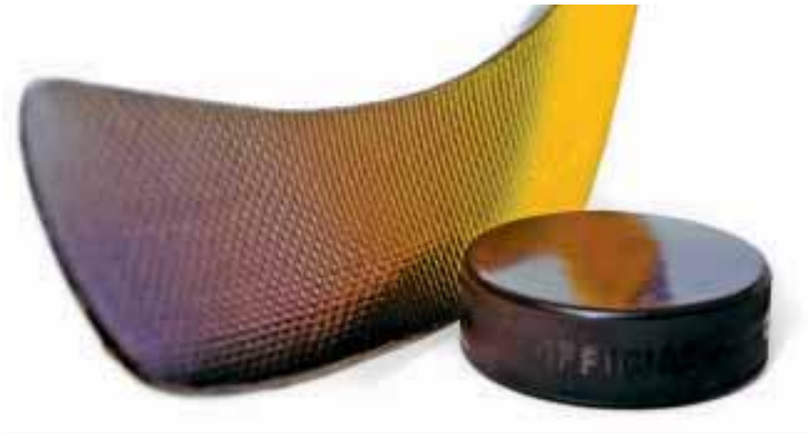
A Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

Visit *hrblock.ca* for a location near you

Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by $4,000, while Carolina and Jose have improved theirs by $1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK

Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of $500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than $1,000 each month, they will pay $800 on debt and put $200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently $70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining $500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

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Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?

We asked you!

@metropicks: What do you think of dress codes in the workplace? Good or bad idea and why?

@CoryHaller
Bad Idea. Stifling your employees fashion sense throws all hopes of company culture out the window in favour of a company regime

@JuleFlower
good idea. Lululemon pants, flipflops, beer tshirts. A professional workplace is not the gym or beach

@RealBritbird
Teach children to dress appropriately by wearing school uniforms, as adults, no dress codes would be needed

@award376
great idea it promotes unity and consistency. And most of all eliminates the chance inappropriate attire.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

Even tattoos are game in some offices with casual dress codes. ISTOCK

How to keep your small business cybersafe

Tablets and other mobile devices can be great tools for sales teams, but they're also vulnerable to theft and fraud. ISTOCK

With the increasing use of mobile devices and the prominence of social media in our lives, cybercrime poses serious security risks, especially for small businesses. In 2013 alone, cybercrime has cost Canadians $3 billion US according to a recent report.

"Being cybersafe is a practice that should be part of a company's regular operations," says Paul T. Ryan, chief technology officer for Yellow Pages Group, a company that provides digital media and marketing solutions to Canada's small businesses.

Ryan suggests implementing a few security measures for small businesses that are looking to protect themselves against cyberfraud:

• Tablets and smartphones because of their size, are a target for both theft and fraud. Always protect your devices with a password, frequently back-up your data, and install security, encryption, and locator apps to protect sensitive business information. Most importantly, don't access private information on free Wi-Fi networks, as they often aren't very secure.

• Cloud computing is great for data storage, as well as for marketing and sales, but this means that you're storing your data online, outside your business and sometimes outside the country. Protect yourself by using a service that allows you to encrypt information before uploading or sharing and by only giving access to a limited number of people in your organization. Don't forget to do your research before choosing a service provider: read their legal terms and make sure their service fits your security needs.

• Social media sites provide another marketing tool for small businesses to reach their potential customers, but they're also easy targets for hackers looking to get access to private business information. If you're using social media to promote your business, select only a small number of individuals who can post on your company's behalf. Also, it's important to use the site's privacy controls, ignore requests for sensitive business information and continue to be on the lookout for spam posts. NEWS CANADA

Smarten up with this bow-tie pasta and pesto

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Ingredients

- 8 oz boneless skinless chicken breast

Pesto
- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta
- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Pine nuts a high amounts of protein as well as a notable amount of fibre.

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.

Nutritional information

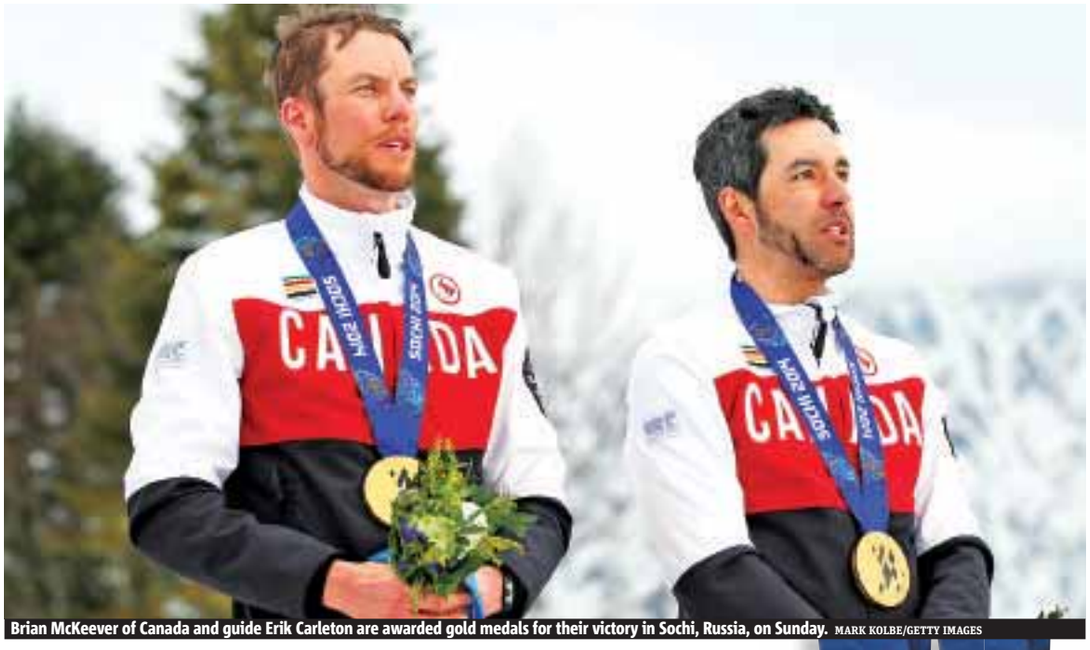
- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

Symphony on skis in Sochi

Paralympic Games. McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi.

THE CANADIAN PRESS

Sochi 2014

Canada strikes its golden goal

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals —including 30 gold — while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. THE CANADIAN PRESS

Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

NHL. Leafs fail to launch in D.C. campaign stop

Washington linemates Joel Ward and Jason Chimera often play in the shadow of their higher-profile teammates.

On Sunday afternoon, they sparked the Capitals to a much-needed victory.

On a day when Alex Ovechkin was held to one shot on goal, the Capitals' third line scored twice in a three-goal first period and the Capitals held on for a 4-2 win over the Toronto Maple Leafs.

Ward had a goal and an assist and Chimera also tallied for Washington.

Grunt work

"I've counted on Wardo and Chimmer all year long. They play together — penalty kill, power play. Big bodies that we count on for a lot of minutes." Capitals coach Adam Oates

Dion Phaneuf had a goal and an assist for Toronto and Troy Bodie also scored.

THE ASSOCIATED PRESS

NHL

Canucks hand Lu a loss in Florida

The Vancouver Canucks were not surprised that their game against former goalie Roberto Luongo came down to a shootout.

Nicklas Jensen scored in the first period and added the only goal in the shootout and the Canucks earned a 4-3 victory over Luongo and the Florida Panthers on Sunday.

Alex Burrows had a goal and two assists and Dan Hamhuis also scored for the Canucks. THE ASSOCIATED PRESS

Canada goalie. Szabados debuts in men's league

Shannon Szabados made 27 saves in her men's professional hockey league debut Saturday, although her Columbus Cottonmouths fell 4-3 to the Knoxville Ice Bears.

Szabados joined the Southern Professional Hockey League team last week. The 27-year-old goaltender from Edmonton backstopped the Canadian women's hockey team to Olympic gold Feb. 20.

Columbus led 2-1 after the opening period, but Knoxville scored three unanswered goals in the second before the Cottonmouths scored again in the third.

Shannon Szabados GETTY IMAGES

"It was fun," Szabados told the Columbus Ledger-Enquirer. "I saw a few Szabados shirts out there. It was definitely a great moment."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

♉ Taurus
April 21 - May 21
Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

♊ Gemini
May 22 - June 21
If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

♋ Cancer
June 22 - July 23
There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

♌ Leo
July 24 - Aug. 23
Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

♍ Virgo
Aug. 24 - Sept. 23
You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

♎ Libra
Sept. 24 - Oct. 23
You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

♏ Scorpio
Oct. 24 - Nov. 22
You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

♑ Capricorn
Dec. 22 - Jan. 20
A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

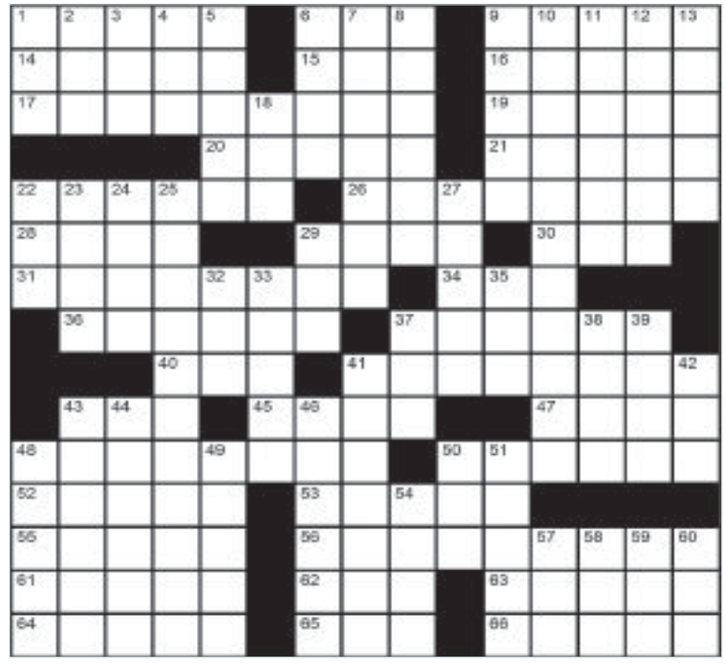
♓ Pisces
Feb. 20 - March 20
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

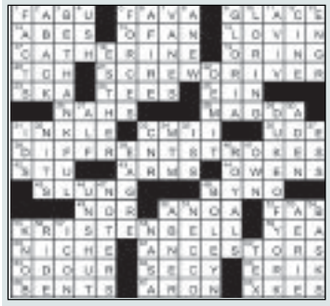
BY KELLY ANN BUCHANAN



Across
1. March 17th's star, St. __
6. Sci-Fi beings
9. __ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the __"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. __-dokie
48. 1983 U2 album: 'Under a __ __ Sky'
50. Too: 2 wds.
52. Metamorphosis-izer
53. Fashion designer, Geoffrey __ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to __
61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

Down
1. Tabloid's photos-supplier
2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device
9. __ _ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. __ __ one's all (Really tried)
12. Shades of Shamrocks
13. Feel
18. Register
22. "I Am __" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The __ __
27. Al __, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "__ __, crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby __ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, __.
59. "What's the __?"
60. Chart

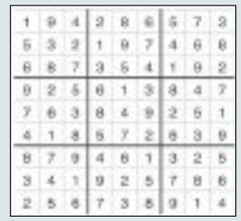
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



3								2
	9		3	7	8		6	
	7						3	
		2	1		3	7		
	3						8	
		1	7		6	5		
	4						5	
	6		4	5	1		9	
8								6

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